Garden Talk

By
By Edith P. Gregory
Appomattox Garden Club

In an old copy of Look magazine, I found an interesting article that might prove intriguing to flower lovers. It concerned the use of flowers in medieval cooking, and stated that medieval cooks had the notion that the use of flowers "maketh a man merrie and joyful, putteth away all melancholie and madness."

The gentle art of flower cookery, popular among medieval housewives, is gaining enthusiasts in the United States. Blossoms are being squeezed, chopped, dried, fried, stewed, boiled and baked into seasonings, sandwiches, stews, soups, pies, wines, liquors, jams and jellies. Eating flowers (many of which are herbs, or spices, was common in the Middle Ages. King Charlemagne, whose diet is said to have included such curious dishes as violet fritters, pickled rosebuds, and lavender aspic, called flowers "the friend of physicians and the praise of cooks." Flower cookery recently turned up in the news when a spice company unearthed old flower and spice recipes. TV star Steve Allen munched on an orchid - petal sandwich before a national audience, and White House reporters revealed that President Eisenhower likes nasturtium stems in his vegetable-beef soup.

Below are several recipes using the commonest edible flowers, to amuse the cook and to tantalize the taste buds.

1. Scrambled eggs with marigolds: Beat 4 eggs, 4 tbsp. milk, 1-8 tsp. each salt, pepper, nutmeg. Scramble in 1 tbsp. butter. When almost done, add 2 washed, chopped marigolds. Serve on French toast made of pumpernickel. Garnish with marigolds. Serves 2.

2. The President's nasturtium —vegetable soup. Add to pot: 1 soup bone, 2 lbs. beef soup meat, water to cover, 1 tsp. salt, pinch of pepper, 1 clove garlic, 1 onion. Simmer 6 hours, adding water to cover meat. Cool; remove fat. Reheat; add 1-3 cup barley. Cook 15 min., stirring. Add meat pieces, 1 can (2 lb.) tomatoes, 1-2 cup fresh peas, 1-2 cup canned corn, 1-2 cup shredded cabbage. Dice, add: 2 potatoes, 3 stalks celery, 1 onion, 3 carrots, 1 turnip. Cook until tender. Add 1-2 tsp. each onion, garlic, celery salts, 1 tsp. Worcestershire, 1-2 cup chopped nasturtium stems; cook 5 min. more. Serves 6-8.

3. Rose-petal parfait: Fill each parfait glass with layers of washed red rose petals, finely chopped dates, sliced bananas, rose-petal jam or other jam). Pour 2 tbsp. orange juice into each glass. Top with large portion of whipped cream; garnish with rose petals, orange slice.

Note: There were four other recipes included in this article, and ten tips for the use of flowers as decorative touch or distinctive flavor for foods. We shall include these in the Garden Column next week.

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THE BIBLE SPEAKS

International Uniform Sunday School Lessons

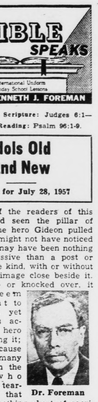
BY DR. KENNETH J. FOREMAN

Background Scripture: Judges 6:1—8:28.
Devotional Reading: Psalm 96:1-9.

Idols Old And New

Lesson for July 28, 1957

IF ANY of the readers of this paper had seen the pillar of Baal that the hero Gideon pulled down, they might not have noticed it at all. It may have been nothing more impressive than a post or pole of some kind, with or without some other image close beside it. Standing up or knocked over, it wouldn't seem to amount to much. And yet Gideon was accounted a hero for destroying it; he became a hero, thought that tearing down that pillar was nothing short of sacrilege. For to them it was sacred, the most sacred object in the village. When Gideon tore it down, he actually risked his life at the hands of his fanatical neighbors.



Dr. Foreman

Idols Overseas

There is hardly any kind of thing, no matter how ugly, ridiculous or disgusting, that has not become an object of worship somewhere, some time. American Christian travelers to India are generally shocked by the "gods" of Hindu temples. Aside from the unmentionables, there are absurd things like Ganesh, a fat little god with an elephant's head; or little stone bulls on whose heads garlands of yellow flowers will be laid as a tribute. Elsewhere there are great fat Buddhas, plated with gold or carved out of stone sitting out beside a mountain road, before whom offerings are placed, of money, food or drink. There are mountains and lakes and waterfalls and trees, local sights for the tourist, which are regarded with superstitious awe. Not an hour goes by, on this planet of ours, without some sort of honor—prayer, gifts, sacrifice—being offered to things which "having eyes see not, having ears hear not"—sometimes in human shape, sometimes beastlike, sometimes very hard to classify!

Idols in America

Why do people do such silly things? Perhaps it is for the same reason that Americans worship their idols. Yes, we do have idols in our enlightened land, though they are seldom called by that name. Whatever a man hangs his heart on and depends on, as Luther said,—that is his god. And if what we hang our heart on and depend on is the true God, then worshipping him and serving him is true religion. But if what we hang our heart on and depend on is not the true God, then whatever we worship, it is an idol, and worshipping it and serving it is not only nonsense, it is sin. Here in America the name of one idol is The Public. Politicians fall down and worship this idol; so do actors and advertisers. Keep the Public happy and careless, for once you lose its favor, you are lost. Another idol is called The Majority. If most people do a thing (or don't do it, as the case may be), then that is the Last Word. Some people would no more think of going against the majority view than they would think of going against God. Indeed for such people the Majority, to all intents and purposes, might as well be God. For they don't listen to God with half the eagerness with which they always want to know what "everybody" does or thinks, before they will decide for themselves.

Only the Brave Break Idols

It took courage, moral and physical, for Gideon to destroy the idol of Baal. It always takes courage to tear down idols. It takes even greater courage to destroy idols oneself has made and worshipped. People who do not follow popular idols are regarded as little queer, if not more than a little sour. Idol-breakers, people who "buck" popular opinions and prejudices, not only have to get over their fear of what people will think, —they have to get over their fear of the idol itself. Whether it is the primitive African, afraid of the volcano he worships, or the ordinary American idolater, a worshipper of money or popularity, it takes courage to break, or to break with, an idol of any kind. But once the break is made, once a man's trust is placed in the true God alone, he can smile at the idol whose crawling slave he used to be.

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Pamplin Vicinity

Pamplin Vicinity, July 22.- Mrs. O. C. Paulette and Mrs. Ryland Staples and daughter, Barbara Kay visited Mrs. L. M. Southall and Mrs. Lizzie Robinson last week-end.

Miss Jean Cumby is spending this week with Miss Wanda Lucado, of Roanoke.

We are expecting Dr. Smith, of New Jersey, to move here the last of this week to practice here.

Miss Jane Nash, who has been visiting her grandparents, Mr. and Mrs. Lutzer Nash, returned home last week-end. She was accompanied home by Mr. and Mrs. Luther Nash, who spent the week-end with her and her parents, Mr. and Mrs. Lawrence Nash.

A family picnic was held here Saturday afternoon, July 20, given by Misses Mattie and Wilkie Thornton, Mrs. Bessie Mattox and Miss Frances Mattox, and Mrs. Stuart Farrar. In addition to the hostesses, the following guests were present: Mrs. W. J. Wilkins, Mrs. J. R. Franklin, Miss Faith Franklin, Mr. Howell Franklin, Mr. and Mrs. S. H. Franklin, Jr., and S. H. Franklin, III, all of Lynchburg; Mrs. J. S. Buford and Miss Ann Hary Buford, of Tuckahoe, N. Y.; Mrs. C. D. Canada and daughter, Katherine, of Richmond; Stuart Farrar and three children, Misses Ann, Sally and "Firky" Farrar, and Miss Kate Franklin. In addition to these members of the family other invited guests were . H. Caldwell and Miss Penny Abbitt, of Appomattox and Mr. Dick Baldwin.

Mr. W. P. Lucado, Mr. Percy Lucado and son, Phillip, visited Mr. and Mrs. Emo Wilkerson, of Oakville, and Mrs. John Bingham, of Vera alast Sunday.

Mr. and Mrs. Roy M. Tolley and son, Roy Allen and Mrs. Judy Glover spent the week-end in Gaithersburg, Maryland, with the former's daughter, Mrs. Alvin Anderson and family.

Mrs. Robert Tolley spent the week-end in Richmond.

Mr. and Mrs. Hunter Tolley and family are visiting in West Virginia this week.

Miss Ann Martin, of Hixburg, spent the week-end with Miss Eloise Rosser.

Rev. and Mrs. William Chappell were Sunday dinner guests of Mr. and Mrs. Billy Ferguson.

Mr. and Mrs. Douglas Jamerson and daughter, Carolyn Jean, spent Saturday night with Mr. and Mrs. Raymond Price. Others visiting in this same home over the week-end were Mr. and Mrs. Alfred Marsh and children, of Appomattox; Mrs. Bessie Averette and children, and Thomas and Robert Maxwell.

Mr. and Mrs. Basil Bryant are the proud parents of a baby girl, named Wanda Sue, born at Lynchburg General Hospital July 16.

Mrs. Vara Crump spent last week-end in Buckingham.

Mr. and Mrs. Jim Inge and son, Ralph are spending a few days this week on the Rappahannock, fishing.

Mr. and Mrs. Alfred Marsh and children spent last Saturday night with Mr. and Mrs. C. E. Ramsey.

Beckham

Beckham, July 23.- Mrs. C. A. Moore is improving from a recent illness. We hope she will soon be well.

Misses Mildred and Nancy Moore are visiting Mr. and Mrs. H. E. Burge in Hopewell, and Mr. and Mrs. Raymond Hamilton in Richmond.

Mrs. J. T. Morris was the week-end guest of Mr. and Mrs. Winston Martin and Gloria.

Mr. and Mrs. David Martin and Pam visited Mrs. O. W. Martin and Mr. and Mrs. R. B. Martin on Sunday.

Mr. and Mrs. Roland Smith and daughter were guests of Mrs. J. T. Morris last week.

Those visiting Mrs. J. T. Morris on Saturday were Mrs. Thornton Carter and Mr. and Mrs. Robert Morris, of Appomattox.

Mr. and Mrs. Winston Martin and Gloria had for dinner guests on Sunday Mr. and Mrs. T. R. Martin Jr., Faye and Janet; Mr. and Mrs. Robert Morris, Ronnie Kent and Carolyn Jo, Mrs. J. T. Morris, Mr. and Mrs. S. G. Martin. Mr. and Mrs. Evans Ferguson and Kathy and Mr. and Mrs. Marvin Martin, Jo Anne and Eddie were afternoon guests.

Mrs. T. M. Martin and Miss Eunice Martin visited Mr. Virgil Grow at St. John's Nursing Home in Lynchburg on Sunday afternoon. They also visited Mr. and Mrs. Virgil Moore and daughter.

Mr. and Mrs. Herman Moore Jr., Dorothy Jane and Dianne, of Richmond visited Mr. and Mrs. Herman R. Moore and Mrs. T. M. Martin Sunday afternoon.

Mr. and Mrs. Herman Moore visited Mrs. E. B. Martin, who is on the sick list. We hope she will soon be well.

Mr. and Mrs. Henry Burge and family and Robert Burge visited Mr. and Mrs. J. M. Tolly, of Big Island on Sunday.

Those visiting Mrs. T. H. Burge and family on Sunday were Mr. and Mrs. Clayton Burge and children, of Hopewell, and Mrs. Burge's mother and father, Mr. and Mrs. Bonomo, of Brooklyn, N. Y.; Mr. and Mrs. R. E. Mays and Louise Mays. Supper guests in this home were Mr. and Mrs. Henry Burge and family.

Richwood

Richwood, July [illegible] of happiness is not [illegible] one likes, but is [illegible] has to do."—[illegible]

Mr. and Mrs. T. [illegible] and Mrs. G. F. [illegible] ters, Vai and [illegible] the guests Sunday [illegible] Mr. and Mrs. [illegible] family.

Mr. and Mrs. L. [illegible] daughter, Judy, of [illegible] ed Sunday with [illegible] Wooldridge.

Mr. and Mrs. [illegible] family were the guests [illegible] week-end of Mr. [illegible] Hunter and family.

Mr. and Mrs. T. [illegible] and Mrs. G. F. [illegible] ly visited Tuesday [illegible] Mrs. L. M. Ferguson [illegible] Lynchburg.

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[illegible]ple, who often do a [illegible] of the family business, [illegible] all the safety rules [illegible] checks. The Extension [illegible] gives rules for the [illegible] manager.

[illegible] write your name on [illegible] a check at the left [illegible] qualification, you are [illegible] you personally have [illegible] value of that check. [illegible] known as a "blank en[illegible]."

[illegible] endorse a check this [illegible] and lose it on the [illegible] bank, the finder might [illegible] instead of you. To [illegible] yourself, wait until you [illegible] to cash it before you [illegible] check endorsement on [illegible]

[illegible] check can be endorsed to a [illegible] individual or firm when you are not cashing or depositing it yourself. When you write on the back, "Pay to the order of John Doe" and then sign your name below, John Doe can cash it after he places his endorsement before yours. You have transferred the value of the check to him.

A check that is to be deposited by mail should be endorsed with the restricted endorsement: "For deposit only." Sign your name underneath. This protects you if it is lost or stolen.

If your name is misspelled on a check, endorse it first the way it is written on the face of the check, misspelling and all. Then underneath, put your correct signature.

If a check is lost, notify the bank at once. Usually the bank wants a signed stop-payment slip describing the check before stopping payment. If you telephone the information, confirm it at once with a letter.

One other protective measure in handling a check is to cash or deposit it immediately after receiving it. The writer of the check might change his mind and stop payment. He might not always know his bank balance. After several months a check becomes "stale." Often a bank will refuse to cash one several months old without fresh instruction.

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RABBIT POPULATION INCREASE IN VIRGINIA

Chester Phelps, chief of the game division of the Commission of Game and Inland Fisheries, said that reports from all over the state indicate that Virginia has the best crop of rabbits this year that has been reported for a number of years. What the population will be when the general hunting season opens on November 18, remains to be seen, said Phelps.

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Health and Beauty

The condition of your hair is but a reflection of your general health. You have been neglected, undernourished animals. All of them had dull, scraggly, unkept, dead-looking hair. The same can be said of human beings.

The hair responds readily not only to the local care which you bestow upon it, but to the food you eat, the amount of sleep you get, bathing exercising, and so forth. If you meet a child or adult with clean, rosy cheeks, and sparkling eyes, and shining well-kept hair, it bespeaks health and well-being.

The hair is nourished from the blood stream, and the blood is made from what you eat. For this reason, you must eat foods that are rich in vitamins, minerals, fats, proteins, sugars and starches. The glands are influenced by diet. They in turn have much to do with hair.

Animals that are properly fed, and whose owners see that their coats are well brushed daily look sleek. Their hair has a satiny sheen never seen in uncared for animals.

If milady wants shining locks, she should keep her hair clean and her scalp exercised by frequent brushings. This brings the blood to every tiny follicle and feeds the hair. After a vigorous brushing the scalp glows with warmth, and has a feeling of well being which is induced by improved circulation.

Massage helps to invigorate the scalp. It is a good practice to catch up little bunches and pull it energetically. This loosens and exercises the scalp.

It is said that women do not become bald as do men because the scalp is fed by blood which is brought there by brushing, massage, pulling the hair, etc. Men's hair is kept so short that it does not receive the proper exercise. The hair follicles cease to provide nourishment on account of an insufficient supply of blood to the parts. In consequence, the hair falls out and the follicles die. After this happens, nothing can make the hair grow back again.

Air and sunshine are good for the scalp. Hair should be massaged every day and shampooed on an average of every two weeks.

STATE POLICE ADDING 35 N-W TROOPERS

Richmond, Va.- With 36 probationary Troopers entering the third of 14 weeks' basic training which will see them full-fledged troopers, Colonel C. W. Woodson, Jr., Superintendent of State Police, noted that 4 of the 25 additional positions are authorized by the 1956 General Assembly for July 1, 1957, have already been filled.

Previously uniformed strength was 575 which increased with the authorization to 600. Applications for the remaining vacancies, according to Colonel Woodson, will be processed in the order in which they are received but those applicants possessing the highest qualifications will be given precedence. Prerequisites for employment include a high school diploma or its equivalent as approved by the State Department of Education, willingness to serve anywhere in Virginia, top physical condition with proportionate height and weight, the completion of certain adaption tests, and an age bracket from 21 through 29 at the time employment is offered. Applicants must further withstand a searching character investigation.

Top Trooper salary, after periodical merit increases, is $4,920. Other benefits include all uniforms, and equipment, ample sick leave and vacation, and reimbursement for various expenditures incidental to performance of duty. After two years' service, a Trooper becomes eligible for examinations which can lead to promotion to sergeant or investigator.

Once employed, the probationary Trooper receives the full starting pay and is sent to the field as an Observer until a new basic training school is convened. Captain H. S. Urick, Personnel and Training Officer for the Department, tentatively announced November 5, 1957, as the opening date for the next school.

The mass use of the Salk vaccine was reported to have reduced sharply the number of paralytic polio cases in this country this year.

SEEDING CORN INSECT TESTS MADE

Coating corn seed with pesticides has given excellent control of the seed corn maggot and fair control of light infestations of the corn root webworm in tests at the Chatham branch of VPI Agricultural Experiment Station.

C. B. Dominick, assistant entomologist at the Chatham stations, says the corn seed was coated with either dieldrin, aldrin, heptachlor, or lindane, plus the fungicide captan.

On soil heavily infested with the corn root webworm, aldrin, heptachlor, or chlordane, mixed with the soil at 1 pound per acre, effectively controlled this insect and resulted in an increase in yield of about 50% over the untreated checks.

Aldrin and heptachlor applied by the same method, at the rate of ½ pound per acre, gave results similar to those shown by the 1-pound rate where the infestation of corn root webworm was light.

NEW BOOK IN THE COUNTY LIBRARY

The Innocent Ambassadors
by
Philip Wylie.

Philip Wylie became a grandfather in 1956, and to view the baby, he and his wife flew from their Miami home to Hawaii. They characteristically decided that the most interesting — if not the shortest — way home would be straight ahead: via the Far East, Near East and Europe. The Innocent Ambassadors is the account of that trip. Neither Mr. nor Mrs. Wylie had ever visited most of the places they now saw with clear, curious, and often horrified eyes. Because of Mr. Wylie's global roster of friends in commerce, industry and government, he had introductions to the highly placed everywhere; because of his ardently inquisitive nature, he sought out the opinions of the so-called "man in the street" at every port of call. Then he recorded his findings and impressions in what can be called a round-the-world "Generation of Vipers" that carries the reader from Hawaii to Japan, Hong Kong, India, Lebanon, Turkey, Greece, Rome and then on home.

KNOW THE WEATHER

By E. H. Sims

Is it true that rivers, ocean currents and other things veer to the right in this hemisphere? And do they veer to the left, as people say, in the southern hemisphere?

The experts do not agree that water in a basin, for example, always swirls to the right in the northern hemisphere — as you often hear — but it is now agreed that ocean currents, rivers, and other things, have a definite and noticeable right veer in our hemisphere.

Rivers usually cut more deeply into their right bank and ocean currents veer right in this hemisphere, but do the opposite in the southern hemisphere. This has long been studied and in the old days was called Coriolis force.

The reason is believed to be the rotation of the earth, which has a tendency to cause moving things to veer right in this hemisphere and left in the southern hemisphere. However, many old sayings about Coriolis force are not yet substantiated by the scientists and relatively little is known about our hemisphere's right veer.

CAREFUL DRIVER DIES

Concord, Calif.- Coming upon a minor three-car collision, Fred Drotsch, 40, swerved his pickup truck off the pavement, then back on. The truck sideswiped another car and overturned. Drotsch was instantly killed, but none of the other drivers was hurt.

INHERITS MILLION

Cape Elizabeth, Me.- Miss Marion E. Casey, 66-year-old retired schoolteacher, living on a $100-a-month pension, was bequeathed more than $1,000,000 by the late Rev. Michael J. Kenely, Roman Catholic priest. The priest made the fortune in the stock market.

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About The Home

to do it the lazy way, give mulches a try. You will find that a good mulch will control weeds by smothering them, conserve moisture in the soil, keep temperature of the soil more moderate, as well as improve soil structure and promote aeration.

You may have a problem with compacted soil or erosion. Mulching will reduce both and at the same time keep your plants and fruits cleaner.

Use for mulches whatever is available and cheap. The best time to apply is late spring when the excess moisture is gone.

Straw, hay or grass clippings are good mulches. To protect your plants from nitrogen starvation add three-fourths of a pound of ammonium sulphate per bushel of mulch.

Sawdust or ground corncobs make a fine mulch for strawberries, glads and roses. The usual depth of mulch is three to five inches.

Leaves usually go to your compost pile. However, try using them as a mulch as they decompose. Put them on deep and add more each fall.

Scientists of the East and West, meeting in Nova Scotia, joined in a warning to governments that the misuse of nuclear energy could lead to the annihilation of mankind.

SCOTT COUNTY FISH POND COMPLETED

The Cordor Bottom trout public fish pond in Scott County has been completed, according to I. T. Quinn, executive director of the Commission of Game and Inland Fisheries. Quinn added that the pond will be dedicated.

SAND CASTLE KILLS BOY

Le Touquet, France.- Jackie Fitre, 13, was playing on the beach at this resort. He suffocated when a big sand castle he had built collapsed on him.

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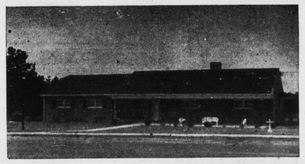

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